

# NEWSLETTER

July 2024

Hello British Powerlifting members!

You might be wondering, what's this? If you're reading this between sets, you might need a moment before you're ready to lift again. Welcome to the official British Powerlifting newsletter! This is our way of keeping you in the loop with all the latest competition news and information within the powerlifting world.

We're aiming to make this newsletter as interactive as possible. Think of it as a platform for the members, by the members. We're introducing new ways to communicate with you, and this newsletter is just the beginning!

We welcome any feedback, which can be sent to  
[communications@britishpowerlifting.org](mailto:communications@britishpowerlifting.org)

Let's get right into it by introducing you to your new board members, if you see us at competitions, please bother us! Especially our CEO!

## The Board

### JBS (James-Brincat-Smith) – CEO:

'My name is James Brincat-Smith, I've been an active powerlifter now since 2016. Having placed first in the 2017 British Masters I was lucky enough to be invited to represent Great Britain in Belarus later that year. Since then I've managed to be part of an international team each year, be it as an athlete or as a coach. Seeing the World and sharing platforms with the Worlds Greats is both amazing and an honour. My role within the organisation is multi faceted, but mostly the day to day running and administration of the federation. Since taking on the role of CEO I've been humbled by the amount of people wishing to be onboard to help, and the memberships ability to collaborate in our shared passion does not go unnoticed. We have a growing, vibrant and evolving board of directors, who together most likely make the IPF Member Nations Strongest Board, with each and every one of us involved in all levels of lifting. It's my pleasure to serve you the membership as your CEO and look forward to our bright future.'



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## Ben Davis – Chair:

**'From Rugby to Powerlifting after a spell of injuries on the pitch causing early retirement. Have been lifting for 6 years and originally began volunteering with the Federation as Sponsorship Officer and subsequently moved up to Development Director before taking on my current role'**

## Tony Cliffe – Finance Director

**'Been competing in Powerlifting for 24 years. Have won British, European and world titles and in the hall of fame for BP, EPF and the IPF. Been serving on the board of British Powerlifting since 2019, originally as director of the Athlete's commission.'**



## Annie Nelson – Athletes Commission Chair

**'I make sure I am the appropriate contact person to relay any feedback, issues, queries or general comments from athletes to the board so that we can make the athlete experience the best we possibly can.'**



## Abdul Wajid Butt – Communications Director:

**'I've been in the powerlifting scene for almost 4 years now and am hoping to create an effective form of communication between members and those in charge, whether that's enquiries, assistance for events, feedback, anything! I will ensure your voice and concerns are heard.'**



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## Sabrina Downes – Competitions Director:



Sabrina is the Competition Director for British Powerlifting which means that she oversees the organisation and running of national level competitions. Her main passions are making powerlifting fun, welcoming and accessible for everyone. Sabrina aims to help drive the evolution of BP competitions by working together with our members and sponsorship partners.

Sabrina started powerlifting in 2015 and has since competed in four weight classes, won three British Championships in the u63kg class and had the honour of representing both Wales and GB internationally. Her favourite powerlifting achievements are winning a Bronze medal for deadlift at the 2021 World Championships and being part of two winning Welsh Home Nations teams.

Sabrina lives and breathes powerlifting - as well as being a lifter, she coaches powerlifting, is a GB team coach and the WPA's first international referee.

Sabrina has also been an active member of the Welsh Powerlifting Association committee for 8 years; first as competition secretary, then in the records registrar and membership coordinator roles, and now as technical officer.

## Christie Civetta – Independent Director

‘I’ve been in the sport of powerlifting for over ten years and compete at the international level on the equipped team. I joined the board earlier this year to explore new, untapped funding opportunities and to support the board and the organization’s general development.’



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## Home Nation Directors



### Kevin Jane - EPA:

**"I believe I'm the longest serving BP member as director for English powerlifting since 2010.**

I originally signed the agreement that led to powerlifting gaining its independence from British Weightlifting, at a time when there were around 700 GBPF members and just a few hundred pounds in the bank with bills to pay. In more recent times I wrote the equity policy and safeguarding policy for BP. I have also been the divisional secretary for the East Midlands since 2003 and the merchandising officer for BP for about six years.'

### Claire Tocher - SPA:

'I'm the Director for Scotland, which is the Board representative for Scottish Powerlifting, which has a membership of nearly 800. It's my job to advocate on behalf of our membership, share great practice and help the Board drive the sport forward across our division. I've been in and around powerlifting since 2016 as a lifter, referee, committee member (and most frequently as a very vocal cheerleader!) It's an exciting time for the sport in Scotland, and I'm really looking forward to how much we can grow over the coming years.'



### Kyla Mulholand - NIPF

Finance Director and director for Northern Ireland powerlifting. I have been an active member of NIPF as a lifter from 2012 and moved onto our committee around 2015. I am responsible for the financial affairs of the NIPF as well as sitting on the BP board as NI Director. I am also a national referee.

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## Adam Thomas – WPA:

Adam has been a member of the WPA since its inception in 2014. That year he represented Wales for the first time at the Home Nations in Glasgow. He has competed at several Home Nations, most notably in 2016 where the WPA officially hosted their first competition - securing the overall trophy in the process. Adam made his return to the platform at the 2024 Winter Cup, making a clean sweep of the records in the classic 93kg class with it being his first year as a Masters lifter. Adam has served on the WPA committee in various roles since 2015 and took on the role of CEO on an interim basis in 2023 - he was voted to continue in that capacity at the 2024 AGM in April.



Outside of powerlifting, Adam has a background in mechanical engineering and now works in quality management and business compliance for a global manufacturing company, with responsibilities across EMEA. He brings his skills in risk management and continuous improvement to bear in his leadership of the WPA, and has a drive to improve the participation and standards for powerlifting in Wales.

## We Need You!

Are you looking for an opportunity to make a significant impact to the world of British Powerlifting? We are on the lookout for talented and passionate individuals to fill several key roles within our organization. If you're driven, enthusiastic, and ready to contribute to our mission, we want to hear from you! Please check our website for a description of our vacant roles:

- Performance Director
- Policy Review Officer If interested, please email [communications@britishpowerlifting.org](mailto:communications@britishpowerlifting.org) with your CV and a brief description of why you're interested in the role, and we'll be in touch!

Stay tuned members, and happy lifting!

The British Powerlifting Team